



GuidanceResources®

You're Not Alone

When the demands of the job threaten to overwhelm you, your GuidanceResources® program offers counseling, resources and tools designed to help you tackle the unique challenges you face at work and at home.

Contact us anytime, 24 hours a day, seven days a week, over the phone or online to connect with a local counselor from our extensive network of dedicated professionals. The help is immediate, confidential and available to you and each of your household members at no cost. Talk to us for issues such as:

- Stress management
- Family or relationship issues
- Depression and anxiety
- Alcohol or substance abuse
- Grief and loss
- Dealing with change and life adjustments

Additional Services

Keep in mind, your GuidanceResources® program offers additional tools to keep you at your best, at work and at home. Call your toll-free number or log on to GuidanceResources® Online using your Web ID: to take advantage of:

- Work-Life Support Services
- Digital Self-Help Tools
- Legal and Financial Guidance
- One-on-One Health Coaching, and more



COMPSYCH®
GuidanceResources® Worldwide



24/7 Live Assistance:
Call: 833.806.8722
TRS: Dial 711



Online: [guidanceresources.com](https://www.guidanceresources.com)
App: GuidanceNowSM & Koa Foundations
Web ID:

